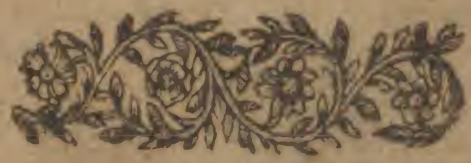
AN ALARVM FOR LADYES.

BY THE SIEVR DE LA SERRE,
Historiographer of France.

Newly turn'd out of Franch into English,
by FRANCIS HAWKINS,
drawing on to the tenth
yeare of his age.



A PARIS,
Chez NICOLAS & IEAN de la COSTE,
au mont S. Hilaire, à l'Escu
de Bretagne.

M. DC. XXXVIII.

TO THE RIGHT
HONOVRABLE
EDVVARD SAKVILE,
EARLE OF DORSET,
One of his Majestye's most Honourable Priuy Councell, Knight of the Noble Order of the Garter, and Lord Chamberlaine to the Queene's Majesty, &c.

RIGHT HONOVRABLE,

Truely; though I am vnder tender yea-

res: yet my ambition ſo-
re's ſo high, as to call
your Excellence the Pa-
tron of this my Treatiſe.
My lovv degree, then
myne age, to cenſure
ſtrictly, alas, ſuite not
properly, to offer vp
aught in this nature vnto
your Honour: Deigne
though in your benigni-
ty, to connive at this
my boldneſs: for vvhich
I cannot produce expreſs
defence: vnleſs this may
agree vvith your propi-

tiouſneſs, that it may not ſeeme vnto you amiſs, to bee honour'd by each one, even from ſhrub to Cedar.

Right honourable,

I take my moſt ſubmiſſiue leaue

Your honour's

devoted Servant,

FRANCIS HAWKINS.

THE PREFACE.

GENTLE READER,

The first Treatise I presented the vvith, vvas of good behaviour. I had thy candor, favour, and honour, as a benigne receiver, of that my labour: vvhich encourag'd mee to vvaite on the againe, vvith another of an higher straine, and of a rarer nature, allso of a more vsefull matter. It vvas a Formulair of Compliments to bee expressed by voice, and Missiue Letters, the one, and th' other reduc'd vnder their proper Titles.

In my Preface there annex'd, I said; that I vvould present thee vvith

AN ALARVM FOR LADYES.

The first Dayes Worke.

WAKE yee, Ladyes, awake yee, at the dreadfull ſound of this Trompet. It's the ſummon of your apparance in the name of God, to that inevitable judgment, ſuch is it, to which all human Nature

muſt obey, muſt bow: It's a judgment that aſtonisheth the moſt innocent, and cauſeth the moſt juſt to ſighe, yea rather through feare to tremble.

Awake yee, forſake your, though nice coutches ſpeedily, come yee out of them, as if they were no other, then your graues, where the worme of your conſciences doth devoure yee; Heare attentiuely the laſt time, the finall decree of your ſafety or loſs, your liues, or deaths.

Open your eyes to this dolefull light of the Sunne, which this day ſendeth his beames ſoe bright into your chambers, which I may well enſtile dolefull; for who well knoweth, whether each ſtreame of this Planet, bee

not a funerall torch, which ſurroundeth your beds, as your firſt coffins : ſince that our liues haue not in proper one ſole moment: Surely, it were to much purpoſe to number your yeares, the bells call on yee to the buriall of one of your company, much yonger alas! then are yee.

How is it poſſible! that in the proper poſture wherein yee lye, yee once reflect not on your deathes, on your laſt end? Behold yee ſtretcht forth at lenght, to your vttermoſt extents, in that ſelf ſame linnens, which likely will ſerue yee in lieu of your winding sheetes. It's well indeed, that yee can breath as yet; this witneſs of your liues is the ſigne of your deathes: ſince that each reſpiratiõ doth

denote a minute of the clock of your lungs, vntill the laſt breath, the laſt ſigh, make yee know, the laſt hower of your retreits. And as all your other actions neceſſarily returne thither; can yee bee ſenſible of life, without feeling your ſelues to dye, and dying void of thinking, that the ſelf ſame day which by grace hath been lent yee, may by juſtice bee your very laſt: where you muſt render a ſtrict account of each moment, which haue fore-run even from your births?

At the lenght; behold yee riſen: but wherewith doe you entertaine your pretious time; yee make your addreſs vnto your lookinglaſs, and giue your ſelues the firſt, therein, by yee the day is

given over to the good morrow, to all th'inchantments of your faire face, alas! It were requiſite, that ſome one, or other, should whiſper in your eares, as it was formerly to the wife of Mithridates, *Sooner, or later death will attend on you, it will come inevitably:* Is it credible, that your bloods even frozen with feare, and horrour, become not changed into very ice, where ruines may bee plainely diſcovered by the enticements whereby yee appeare idolatreſſes? This mighty, as vnhappy graced by beauty, made careſſes, and homage, as doe too many others of yee to her face, in her lookinglaſs, alas! even when shee was tould: that she muſt dye, there was newes indeed!

How is it now Ladyes? doth not one daily ſing the ſelf ſame ſong vnto yee? were yee happy of the leaſt memory, it would certainely cauſe yee to reflect ſeriouſly, that there are very many of your companions dead; and I can aſſure yee, that yee trace them apace.

Are yee confident to gaze on your faces with ſelf delights in your lookinglaſſes ever: ſince that beauty dooth flitt daily, daily fade, and giveth it's adieu? Yee admire with eyes idolatreſs, not weighing ſeriouſly, that your ſelfnes are the ſacrifices lay'd vpon the Altar. This world at the mercy of the Deuine juſtice, the officer of wich is Time, doth though by ſlow paces, vsher yee to death,

where yee muſt endure eternall paines for your offences.

What curioſity ſee yee? what rare gemmes contemplate yee on in the lookinglaſſe, that there yee ſtay ſo long? Maketh it shew vnto yee, that your foreheads are as ſmooth as glaſs? alas! The one, and other hath deceiu'd yee farr: Your foreheads coutch their wrinkles vnder the vaile of your owne arts, for yee daily paint them; And beſides, your lookinglaſs, which flattreth yee, by a new deuiſe of the cunning artificer, who to oblige yee doth decypher yee ſuch as yee would bee, not the ſame yee are: what novelty admire yee now? your eyes? It would ever grieue me, if they ouerflow not in teares, to deplore their miſeries.

Is it your mouths? It ſuffiſeth mee to know: that they can not vtter words of more validity: then are theiſe which declare, and divulg the trueth of your calamityes. And for your tinctures, delicateneſs, they impoſe on me charitable ſilence, fearing to wrong them by the ſole aire of my breath.

Can I not impoſe ſilence with patience, on my ſelf as yet, that yee may reſt in peace, ſince that yee are ſeriouſly intertained ſo; Where there are found more dreames: then grounds, then reaſons, which I muſt needes beleiue? Were yee awakened: then would reſound the direfull Trompet, which call's yee to the day of Doome: where each one muſt appeare in proper

proper perſon, and anſweare for himſelf in particular.

Set before yee now the confuſion, and diſorder yee shall bee brought vnto. Is it not likely, that yee will blush for shame: as often as yee haue lay'd white on your faces? will they not become pale with feare, as often as yee haue lay'd on them, red? therein, yee will betray your ſelues, publiquely diſcovering the ſecrets of your guilty ſlights.

I excuſe Narciſſus in the fable, where as it's found that there hee became his own enamoured, the adorer of himſelf. How was hee deceived? Alas poore Narciſſus! thou never didſt diſcover thy ſelf in that guiſe, and manner: But how can one pardon yee? or in

any wiſe conniue at the errours found in yee, of the like nature? Can yee make the leaſt queſtion of your defects: ſince that yee are fully fraught with them? And for your forgettfulneſs of your miſeryes: it's ſtrang! What yee fe'ele a thouſand times a day, can not butt make yee confeſs: that yee are not paſted of aught elſe, nor formed of any other matter.

Awake yee then ſpeedily, redeeme your ſelues out of this earthly ſloth, wherewith your ſoules are burthned, are indeed heavily oppreſſed, and lending an attentiue eare vnto the dreadfull ſound of this Trumpett, which ſummoneth the Vnivers to judgment, ponder ſeriouſly that it

giveth not a vaine warning: ſince that each moment, an infinity of ſoules, come thither in troupes. See in what caſe yee would bee found: if death should ſurpriſe yee even then: when your faces are painted, your phantaſyes charged with vanityes, and your ſoules ſoyled with a thouſand kinds of crimes: Oh God of juſtice, who will not feare thee, at the day of thy vengeance?

Belieue me Ladyes; ſince that your death's are inevitable: ſince that yee muſt expreſſely dye indeed: ſollicitouſly note your dayly demeanours. It ſeemth to any one, who obſerveth the care which yee employ on your faces: that you liue for them onely. The faireſt of your compary, who

yesterday dyed suddainely to day affrighted her vassals, and though yee bee tender to maintaine her former beauty: yet I assure mee: that yee defye to come nigh her without stopping your noses.

Enstyle yee those horrours graces which appeare on her face? those her eyes suncke? those her wanne lippes? I tell yee truely; that hew of death, that it's tincture, would as it where even make mee hate your sexe: were I not a fruite of the same tree; The rootes, and body of the tree, are of the self same stamp; The leaues and flowers, are of the self same nature, there is not a pinne to choose.

To apply my self more nigh vnto yee, I will state it thus; that

there is amongſt yee one, who is the flower, the mirrour, the wonder of this age, what honour, what lucre, what returne of profitt will hence accrew vnto her? were it that one ſing her praiſes in each tongue: there will not be found aught; but aire in diuers fashions. Should one erect, and conſecrat vnto her Altars: she muſt bee the ſacrifice, for having been the Idole. Were it that shee could impoſe lawes to all mortalls: she can not exempt her ſelf from beeing ſubject to all their miſeryes. Were that courtly Fortune led her by the hand, to the height of thrones: the ſelf ſame may occaſion her to fall, into the precipice of a lamentable priſon, there to dye through greif; as it

was to Darius his wife. Il'e goe further; namely; that her renowned beauty, had the vant in the judgment of many ages; what then? where may be found her aduantag therein? A thousand honours will bee ascribed vnto her. What will the world render vnto her, where shee is no more, nor ever shall bee? and likely shee shall then burn in Hell, there so remaine eternally. Her body I say, shall bee food for wormes. Her soule, for the flames, and somtimes her name, and fame shall bee celebrated heere below. Where lyeth the honour now? My spirits doe suffer, in theise contemplations, through their conceiu'd feare, and astonishment.

Ladyes; in what a miserable

condition are they ; who ſolely haue beauty, for their share, for their part ? What rate ſet yee on beauty alone ? I ſay it's no other: then to haue a gay poſy of flowers, wherewith one may deck, and dreſs one's ſelf trimmely in the morning, during the ſpace that they are fresh: butt about noone, indeed ſo ſoone one leaueth the regard as well of the flowers : as ſtemme: even ſo, at the approach of night, this admired obiect, (the ſelf ſame ment) is miſpriſed of the Vnivers.

Truely what ſoever is ſay'd; I find nothing good but Vertue: the reſt paſſeth by, and vanisheth. One of tall, and comely ſtature ſtoopeth. A cleere voice changeth. And a polite wit ſometimes loo-

ſeth it ſelf through Vanity. Vertue is it , which is ſolely ſtable, ſolely permanent on it's one ground, never giving vs over to our ruine.

Bee yee then Ladyes, ſince ſo yee will needes haue it, as faire as was Cypris ſay'd to bee in the fable : yet yee will gaine but an apple for your recompenſe. Admitt yee bee as beautifull, as was Lucretia famed to bee in the Hiſtory , yet dyed shee through greif. All the beautyes, who haue appeared on the earth , ſince the inſtant of it's hauing beeing, make but à hillock of it's groſs duſt. It's vertue ſolely which lead's vs beyond our tombs.

But whither goe yee now ſo well accoutred, ſo neately dreſ-

ſed?

ſed? If it bee to Confeſſion, to make that deſſeigne your good morrows; ſince that it's the firſt Sunday of the moneth: then reflect how yee haue prepared your ſelues. In lieu of examining your conſciences before a Crucifixe; yee haue been curious to enquire the ſtate, and being of your faces before a lookinglaſs.

Yee goe to craue pardon for your offences, and a new trangreſs yee, in the ſame which calls for juſtice. Yee part I ſay from the Confeſſion chaire to the Altar, there to receiue your Saviour with ſoules more diſpoſed to offend heere after: then reſolu'd to repent of what is paſſed in your former liues. Is not this to crye for vengeance againſt your ſelues.

Me thinckſt I ſee the rare ſainct Francis to appeare with that perfect charity, which enflamed him on earth, and by the ſelf ſame fire wherewith the Seraphins are ſurrounded, and entertained happily in Heauen, and yet hee thought himſelf vnworthy to take vpon him the order of Preiſthood: Yet will yee bee ſo audacious, ſo shameleſs, as to receiue your owne Creatour with impure mouths, and prophane hearts; the ſole thought of this crime, doth put my ſpirits out of frame, caused through confuſion, and aſtonishment.

AN ALARVM FOR LADYES.

The ſecond Dayes Worke.

I Warne yee Ladyes, in the name of God, for it's himſelf who giveth yee notice: that yee neither know the day, nor hower, when this Trumpet, which calleth yee to his judgment will giue the laſt ſummon. How is it

with yee? Thinck yee it not amiſs, to paſs the moity of your ages in dreames, and folyes? Yee ſleepe with ſoules as black, as Hell; what repoſe can yee enjoy at the eue of your everlaſting reſtleſneſs? The Heaven; though inſenſible, quaketh for horrour, at the clamour, the great noiſe of this Trumpet. The earth; though immooveable, doth thence tremble for feare; The Angells themſelues in their purity, and all the Saints jointly in their innocence, are toutched with aſtonishment; allthough they are not capable of feare: and yet yee ſleepe, during the time of this publique alarum's being: which fright's all Nature. Awake yee ſpeedily, and prepare your ſelues to render an account,

even of the leaſt idleword which yee haue let fall.

Ah! how out of frame yee are; when yee wake, it ſeemeth to me: that yee haue ſet by to dye in shew, yee will dye now in earneſt. Let me ſee how it is with yee? Yee are at a bay for feare, and dread. Oh! how profitable would theiſe agonyes bee found vnto yee: if yee would oftentimes vndergoe the paines to apprehend liuely God's judgments: but your ſpirits avers'd from ſo ſerious thoughts, are the cauſe of your miſſpriſe thereof, without reflecting on your loſs therby, that's à pitty, alas!

I perceiue, that yee are riſen to dreſs your ſelues, and yee are never vnready to deck your bo-

dyes repleat with infections: but forbeare a while I pray: then look out of the window; there's a ſpectacle for yee to meditate on, that ſtinking carcaſs, which is carried to be buryed, the ſame with whom two dayes ſince, yee conteſted with for beauty, it's now as yee ſee, borne to the tomb; and yee will follow it thither: it's but a pace before yee; it's not knowen as yet wether yee arriue all three together thither: This dreadfull Trumpet ſoundeth dayly, and yee trace the ground inceſſantly, and run the ſelf ſame race. Obſerue a right how it doth agree to judgment: that yee bee ſeen buryed in the way, one while; to friſle your haires for to hide your nitts; another time; to make

white your teeth, thoſe little bones: whoſe leaſt infected, ruineth your graces, and thus much is in favour of your bodyes: which apparantly doe putrify; and hence the wormes expect their prey in this world, and the infernall ſpirits in the other. What is the benefitt which your ſoules doe reape by the graces of your faces? Thinck yee; that at the hower of your deathes, your Confeſſour will demand of yee, how many yee haue enthrall'd, enchained, and made your ſlaues? No no, but at larg, namely; how long it hath been, that yee haue employ'd your time in ſo vnhappy a beeing at ſuch rate, in ſo commiſerable a ſtate: There is no further talke of your excellent per-

ſons your rares faces; their graces shall poſſeſs no places, no more shall they domineere: your ſoules onely shall pleade their cauſes, God grant that they want not plea to obtaine their ſuites.

O how faire is the employment of this ſecond dayes entertainment! it's paſſed off in admiring, and tricking your ſelues, meaning thereby to tempt and attrap weake perſons to idolatriſe! But, alas! I find yee farr, more ſimple yet. It doth appeare, that yee labour onely to advance and advantadg the fiends of Hell: ſince at the dayes end, they cary with them away all your ſpoiles. Further; heerevnto adjoine their conqueſtes of your ſelues. It's confeſs'd, that yee are ritchely cloth'd,

that

that there can not bee added aught to the ſtately curioſity which ſerue, as a new luſtre to your enticements: But whither bend yee your way ſo nicely deckt? if it bee to a Comedy.

Ah! how Cleopatra, that young Princeſs, repreſentech a dolefull perſonage, on the ſtage the Theather of her marriage, in the Tragedy of King Philip her deere huſband's death, for she dyed, by the ſame ſtroke of misfortune, which caryed that great Monark to his tomb. Shee was as faire as are yee. How come's it to paſs: that yee are happyer? She was as yong as yee. What reaſon haue yee not to apprehend her miſery, her miſsfortune ſenſibly?

The Trumpet which cited yee

to death, and judgment, ſoundeth inceſſantly, thither doth each one make their recours in troupes, and croudes. Who can aſſure yee, that yee shall not appeare there this very day: ſince that yee make your way as faſt as the reſt? Is that a repoſed life, is it to poſſeſs tranquillity, to perceiue your ſelues dye without your beeing prepared for death? will yee expoſe thoſe things to ſo great a perill: Which yee can not looſe but once? Yee liue not but for Eternity: for the life of this world is not properly a life: and yet yee let paſs your time without reflecting, once thinking of Eternity, which will laſt as long as God Almighty.

What? will it not turne to your

reproach: that on Earth yee shall bee found to haue donne nothing elſe, but dreſs, and deck your bodyes of earth? Oh! what a rare exercise would it bee: if ſo your ſoules were of the ſame matter! Oh! the ſweet entertainement: if it were not expreſſely neceſſary to dye! if ſo one were to liue for ever: but; daily to liue the eue of an eternall loſs, and paſſing all the time, to the dreſſing, and decking of your carcaſſes; by conſequence it muſt follow: that Hell will bee your recompenſe.

Notwithſtanding what heerein is fore delivered; behould yee paſs your time, in ſeeing a Comedy at the Burgugnion houſe: but know yee not, that yee there act your parts, and are at the end, of each

interclude, giving occaſion of laughter and ſcorn to all the ſage Democrites, for the vaine employments of your times? yet it is expedient, that I extract your gaines, out of your loſſes. Atleaſt thinke yee, during this your entertainements of time; that the world is a Theater, where even new yee repreſent thoſe perſons whom God hath endowed for Eternity: Doe yee well or ill; yee shall not appeare but this time ſolely on the Theater, yee play your parts for ever, the Angells, and the Diuells are your lookers on, expecting the end of the laſt act, whence yee are to receiue praiſes, or reproaches, I meane recompenſe, or chaſtiſement.

Yee haue a faire petition to

deliver, descended from the Theather into your sepulcher. Oh! giuevs leaue to rise againe, wee will liue better then in former times wee haue. The intercludes are passed. The play is ended. The candells are extinguish'd, each one shall receiue his guiderdon, according to his merit, and for an Eternity. O fearfull judgment! But what'is more dreadfull yet, is that the Trumpet doth summon yee thither amongst the disorder wherein yee liue: I leaue yee to consider heere on seriously.

AN ALARVM FOR LADYES.

The third Dayes Worke.

HAPPY are they, vvho reſt in our Lord. Ladyes then awake yee : for according to the ſtate wherein I find yee , your ſoules aſſuredly are as black as poſſibly may bee , though your faces bee delicate and

white. Behold yee are bridled vnder the chinne, as are little infants with a mask lined with waxed linnen to fright them.

Oh! how would yee bee amazed, if yee muſt neceſſarily appeare before God Allmighty within a moment, to vndergoe the ſentence of his judgment? Which of either, ought to bee more deere vnto yee the beauty of your bodyes, or your ſoules healthes? Your bodyes, conceiu'd of corruption, and borne vnder the imperfection in which they liue, can they eleuate themſelues, to make compariſon with their ſoules, created by the hand of the Allmighty, through his loue, and charity, and for his glory?

Yet

Yet and againe, Oh! prodigalls of misery, of infirmity, of meere weaknes indeed; who misprise nothing els but your soules safety; and are not passionatly tender for aught els, but for your bodyes. Them you adorne oftentimes, with new clothes, with nice robes; without weighing: that they consume all which they toutch; and ruine all which decke them. Yee doe well to bestow on them haire to adorne their bald heads, with a perrewig. The wrinckles on their foreheads, make appeare atlenght, the borowed gally pot of roses, to shew vs clearely, the thornes wherewith their age is stated in.

Conserue your beautyes with the art of limbeck, renew your

teeth each yeare, hidet your limber, and flaggy brests vnder a handkercher, allsoe shrowd somwhat, which may make them seeme round, and hard: the default of such vprisings would bee valiew'd as a most apparant deformity; It would destroy all, Then; and Time, who trayleth along all things, who spareth none, maketh an other breach, such a ruine; which can never bee repair'd: I referre it to your quickned, to your more liuely spirits hitherto drowned with sleepe, to the recovery of your better reason long since stryed; Whither this condition of life, which yee lead on Earth, can conduct yee to Heaven?

The third hower is even at

hand, at it's period, in all which time, yee haue been mervaillouſly ſerious, but in what? to put on your new clothes, and your bands according to the fashion: May I bee bold to enquire of yee what therein yee meane? If it bee to shew your ſelues at the Revells, and there to dance, make not haſt. It was tould mee: that shee, who mooved for that meeting, is ſurpriſed by a continual fever, and the ſmale pox. Alas! what a chang of Medaile: Yet faile not to viſite her. Her affrighting malady, will teach yee to deſpiſe the baits, inticements, and beautyes which yee valiew ſoe highly. Yeſterday morning shee contended for the golden apple, with the faireſt found amongſt yee;

this euening the curtaine of her bed is drawen to hide her, for feare, leaſt that shee hurt her adorers: Oh rare Beauty! It's to flatter thee too much, to compare thee to the wind, and to the ſmoke: for thow art (as it ſeemeth vnto mee) much leſs in valiew.

The Revells yet goe on, I meane the dancing to which Nature even from your cradles invited yee, and to which, Time is the violin: for by it's continuall motion, it trayleth vs all together, to our ſepulcher.

I much doubt; leaſt the aire of this dance bee diſſonant to your eares: but how ſoeuer; yee muſt dance to it, there is no gainesay. Further; it's time muſt bee

kept ſtrictly, it's all in cadence, it's muſically compos'd indeed. Oh! obſerue well it's burthen, there hath been much care employed on it: Each thing flitteth, and glydeth without ceaſing, beauty leadeth in cheif, as the moſt fraile moſt brittle. Yee may plainely ſee your shares, your lotts: yet muſt yee of neceſſity paſs the reſidue of the day in ſomwhat, which may ſeeme to pleaſe yee: but I pray yee what is it? Yee are euen now very buſy; Yee court your ſelues in the lookinglaſs, as did the wife of Nero: Oh! ſayd this Princeſs, that I might dye firſt: rather then haue the leaſt diffigure on my face; shee conſidered not what then shee did, how she liv'd, nor what

shee ſay'd: when shee dayly made this prayer: that each moment, of each hower inſenſibly depriu'd her, and robd her, of parcell, of her rare beauty.

Ladyes, it's not expedient, that yee craue earneſtly on Heauen, for that deſſigne: ſince that, all the inſtants of your liues, are ſoe many ſecret theeues, who ſubtlely rob yee of the principall, and moſt curious enticing draughts of your faces, I ſay ſubtlely beginning in the bud, dawning, or rather call it Sun-riſing of your age: yet thereof, yee take noe heed. By ſerious attention on their actions, is raiſed ſuſpition; and hence are they partly detected to be theeues: but in the evening they are expreſſly found no leſs,

then publick Pyrats, who cary with them all away, together with your ſelues.

Oh! is it not even ſo, what I now relate? that theiſe trueths ought to be ſenſible vnto yee; in ſuch ſort, and manner: as that yee should not euer meditate on aught elſe: ſince of ſuch like ſerious, and tender ſpeculations depend your ſafetyes? for if yee preſent vnto your ſelues this variability, this inceſſant circumvolution, wherewith all things heere below are chained, and to be buried one after an other within this whirlepoole of Time, which devoureth all, and that yee turning the other ſide of this medaile, would ponder: that ſoules onely are eternall, would it bee even

possible, that yee shall not bee fully taken vp with the loue of Eternity?

It's more then six thousand yeares, since the Creation of this World, and it scarcely seemeth to bee one day. It's very true; that what's pass'd, is suddainely forgott: But Ladyes; this Eternity, where God is the limit, and measure, is it which solely ought to entertaine all your affections, all your desires, and apportion all your hopes.

Bee yee pleased that even now I shew yee the meanes. It's allwayes to lend the eares of your phantasyes most attentiuely, to this dreadfull Doomes Trumpet; where the share of your happy Eternity, or vnhappy, is to bee

seen

ſeen determinatly. Hope not a jot for favour there. Iuſtice will beare the Scepter: Truſt not to your conſanguinityes or affinityes, your vertues will bee your faſteſt freinds; Yee haue a great catch of them indeed, yee haue a rare plea, to ſay: that yee are the daughters of a Prince, the wifes of Kings, and the mothers of Emperours: all theiſe circumſtances ſerve you to your ſepulchers. Your works ſolely accomplish all your honours: or your infamyes, all your felicityes: or your miſeryes.

Oh! Ladyes, how it's to bee great perſons, and happy on earth: yet there to pretend not aught. Thoſe who are borne, who are deſtined for Heaven, naturally haue ſuch a diſguſt of Earth: that

thereon they ſpinne out their time: as if they had no beeing there at all, ſtill lifting vp their ſpirits, and their thoughts to this Eternity: as to the onely good, the ſole Sanctuary. The fruition of it, is able to ſatisfy their deſires compleately.

O Eternity! thou art ſingularly gracious vnto mee: that thou receiveſt favourably my good intentions, my well meanings. I will never ceaſe to meditate on thee. Oh Eternity! how benigne haſt thou been to mee in particular, well may I ſay; in making mee applye, all the abilityes, all the facultyes of my ſoule, on the meditation, of thy longanimity; in ſo much: that I shall never haue other obiect then Thee, no

other ſight then ſpeculating on Thee. Doth it not follow neceſſairily, that I loue thee entirely: If I abhorre all that flyeth thee, that forſaketh thee? If I ſeriouſly miſpriſe each tranſitory: am not I conſtrain'd to eſteeme thee perfectly? Let no man ſpeake to mee but of Eternity: each crime, not returning to the ſame, diſpleaſeth mee, nay rather; doth mee notable injury. In a word; if there-bee any taken ſenſibly with aught, by how much the greater it is: the more doth it's exceſs menace vs of it's privation. Preſuppoſe Ladyes, that in this world yee bee both faire, and ritch; It's much. But I pray tell mee, what is their permanence? Had I to diſpoſe of an age: I would alow yee to en-

joy the full terme of it: But at the laſt moment; what would remaine vnto yee? What would accrew vnto yee? your beautyes would not ſubſiſt: but in your owne tranſitory times, and your treaſures though now poſſeſſed, shall bee farr from yee, as conſtrained to abandon them for ever. Your caſes are thus; all the goods of Fortune which yee enjoyed, changing their names, propertyes, and natures will afflict yee, to thincke of. It's truely even ſo: that it's ſolely Eternity, which can quenche our hearts continuall thirſt.

AN

ALARVM FOR LADYES.

The fourth Dayes Worke.

WHAT ſay'd the wife of Roſidates to her ſelf, with a voluble tongue, and very nimble, as paſſionate indeed when she heard the dolefull Trumpet ſound at her doore, ſi-

gnifying vnto her the decree of her death, by the command of her brother King Hertodorus.

Oh! Ladyes, how much more dreadfull is that Trumpet which doth ſummon yee to God All-mightyes judgment. This Roſidates liv'd, and dyed a Heathen: but yee, who are deſtin'd for Heaven, will yee paſs your times on Earth, ſolely for Hell? It will ſoone bee noone by the watch of your liues, as well as by the town clock it ſelf: Where is your dayes work? If in ſuch ſort yee paſs the reſt thereof careleſly, either ſleeping, or beſotting your ſelves, it will be found atlenght: that yee liv'd here in this world no otherwiſe, then dreaming, and that in the other there, yee shall liue perpetually

awakened, amidſt the heates of eternall flames, everlaſting fire.

Perceived yee not clearely, that the Sunne the other day, blamed yee notably, and ſuch like ſlothfull people as are yee? but yee never the leſs, will make it as your happineſs to ſleepe and drouſe. This ſtarr, which meaſureth the moments of your liues, leaveth not a whitt to run his wonted race, his cours to traile yee to your graues.

Rouſe your ſelves vp. Remember yee not, that yee are invited to a ſolemne feaſt of marriage? I muſt needes waite on yee; bee it but onely to obſerue your carriadge. Il'e take notice of your vanityes, and giue account vnto the world how fantaſticall yee are.

Take yee your time to dreſs your ſelues; in the meane while, Il'e contemplate ſomwhat, and alſo exerciſe my patience.

Let mee approach vnto yee nigher. To what vſe are thoſe gally potts of pomada, thoſe boxes of pouder, thoſe viols of diſtill'd waters, and thoſe papers of vermillion, which I ſee vpon your cabinets by your night dothes? Is it a part of art, which yee put in practiſe, to make yee ſeeme more faire then yee are, in deſpite of Heauen, and Nature? Oh! what bitter. Oh! what ſalt teares will theſe vanityes extract from yee Ladyes. Bee it, that your Ladiſhipps haue the leaſt leaſure lent yee to repent yee.

It's to be granted: that your bodyes

bodyes doe daily require the charity of pomada, of rare odour, to cover the defects of your teints. Your tresses can not hide their greasinesſ without pouder. Your tawny-dusky faces after they haue been made happy by the Alimbeck, expect the vermillion; leaſt that their dead colour appeare not at all: but yee obſerue not that yee labour to fill pots, which are perced; as did the Danaides.

Where shall one find Pomada, which may agree with yee, and contend with your ſtenches? What is that pouder, that can dry the clammy greate of your heads? What water can ſerue the fullneſs of your deſires? And what vermillion can make appeare on your cheekes, which Nature hath not

planted there? Thence yee discover plainely: that your actions containe in them solely vanityes, for their obiects. They rest vnto yee for your recompense. Oh what braue conquests! yee looke not after aught but airery toyes; your heades are full of crotchetts. Yee like nothing, but what is smoke, witness the teares discover'd on your eyes. See what'is the fruite of the course of your liues, behold the guiderdon which doth attend yee at the end of your race.

Oh! how pretious was the Pomada of Saint Elizabeth, who made vse of it to parfume the feete, of whom? of the indigent! the poore! Oh! how odoriferous was the pouder, and the ashes

where Saint Marie the Egyptienne covered her head, the day of her penitence! Oh! how the teares of her repentance where rapt, and possess'd with Devine vertue; in so much as, her body, and her soule in an instant were embellished! Oh! how strang it is; the blush of her shame for her sinne, was farre more liuely: then what yee daily vse. Grant me this boone for my paines hither to seen, no less I beseech yee; to breake your lookinglass, which dayly flatter yee; nor ever take to yee other, then such as I deliver vnto yee heere.

Yet; thus much say'd, yee will keepe on your wonted wayes. Now yee are dress'd. Now at the feast, and suddainly will all

varietyes of ſweetmeates bee ſeru'd in: there is the end. What I would put into your minds, is; that all ſolemnityes haue but their times. On Earth, a feaſt is not to bee had: but of the fruits of its own garden; and as theiſe fruites, haue nothing proper, but their corruption: even ſo that aliment from day to day, doth naught elſe, but increaſe your infections; they can never ſatisfy your appetits. The ſucceeding day, yee will ſenſibly find the vanityes of your pleaſures had at table: ſince that they vanish with the table cloth it ſelf.

Likewiſe; ſeriouſly ponder, when yee are amidſt your jollityes: that the ſelf ſame howers which yee haue employ'd in the

pampering of your carcasses, are registred in the scrole of their ruine, since that whither yee eate, or laugh, Time leadeth yee to your tombe.

Theise are the banquetts of Cleopatra, which are solemnely celebrated: though in shipps even floting: hence learne wee, that each where wee chang fortune, through the perpetuall decline of our liues, all our actions tend thither, what destroyeth vs, is ours in proper.

But to goe on; in conclusion; behold your retourne vnto your houses, the dance is ended, likewise the feast. Oh Ladyes! meditate a little space, but attentively I beseech yee humbly on this passage, this phantasyes; All theise

paſtimes, theiſe wordly pretty toyes ſymbolize, are of the like nature with theiſe dances, and feaſts, each of them flitte inceſſantly, it's ſure that death approatcheth nigh howerly. Were all your dayes ſpent in the ſolemnityes, which frequently are found, when ſo that marriages are pompouſly celebrated. Oh! how direfull would your laſt day appeare vnto yee! ſince then muſt yee render account of your time paſt in laughter, and dance! Reflect a while how many are the dances, and feaſts wherein you haue entertained your times; hence take counſaile ſecretly of your memoryes, then vſe your judgments, and ſee, what is left vnto yee: yee shall never haue other for your plea-

ſures! And what? will it not bee reproach vnto yee: that yee ſould your portions for nothing, which yee pretended for Heauen? I haue heard ſay, that Lyſimachus did exchang his Crown for a glaſs of water: but when? Ladyes, obſerue then; it was ſo with him at that time, when hee was even as it were reduc'd to ashes, by the ſame heate of thirſt, which burn'd his entrailles, in ſo much as beeing in ſuch plight, in rendring his dying ſpirit hee chang'd naught elſe but wind, but breath for water.

But to ſee how remiſſely yee giue over your pretenſions of eternall conſolations, of everlaſting joyes for toyes, ſuch I may truely terme them, which beare no o-

ther titles; then of meere depra-
uations, of your phantasyes, of
your imaginations. Where is that
self affection whence yee seeme
to become so passionate? Is it not
to hate your selues: that you af-
fect not aught else: but what
doth flit? it's not it? when yee
dye, what will bee left yee of your
passed time, but a present greif,
and too late; such; whose angui-
shes will never cease?

Yee never dreame of other
thing: then to enquire after new
pastimes, to the ruine of your ti-
mes. Alas! Nor consider yee a-
right: that Time doth ruine yee?
for in seeking to pass it, yee must
find death. How so? is it possi-
ble: that yee striue to pass over it,
which so swiftly glideth by yee,
as doe

as doe your phantaſyes, light though they bee, they can not over take it. And what more ſeriouſly, yee ought to ponder, is, that all the time of your liues, hath for its terme, its limit a ſole moment, on wich, though ſuch, doth depend for ever, and a day your calamityes, or your felicityes; that's a miſery in torment: which hath no end, this a bliſs in glory: which will be permanent, beyond all ages, illimited indeed.

Oh! how pretious are the contemplations, of the laſt period of our liues! How! is it ſo? that thou art not as inſeparable to our ſoules: as is the shaddow to the body? Oh! how ſweet is the memory of our death! Why is it ſo?

that our memory is not for the moſt part, in ſuch ſort all taken vp with thee: as that it never forget thee? Oh Deuine is the meditation on Eternity! Art thou not as ſenſible of our ſoules, as our reſpiration is of the preſeruation of our hearts? How Dauid liketh mee well, when hee cryed out aloud, that hee had often meditated, and that ſeriouſly indeed on the dayes for ever: where God Allmighty is ſolely the light! Oh faire dayes! I wonder not: that yee haue no night: the Sunne which sheweth it ſelf on yee is bright, and borroweth not it's light: no. Oh dayes moſt happy! ſay no more; or thus: I am not one whit aſtonished, if ſo bee it that yee remaine for ever: the

Planet which gaue yee a beeing, poſſeſſeth Eternity in cheif, in proper. Truely, my ſoule is extaſyed, rapt as it were, in this ſweet contemplation, with ſuch ſingular content, it's in ſuch guiſe as that really it hath no deſire to be otherwiſe.

Ladyes, in a word, it's ſo; that yee muſt arriue to the dayes end, and returne thither from whence yee came in the morning: for it's but one dayes iourney. Yee haue a fine time of it to bee lazing. The Sunne, who ſendeth forth his beames for yee, will that yee goe as faſt as doth hee.

Dance, laugh, ſleepe vntill noone day; the shippe of your liues leaueth not it's cours, it ſayleth evermore, inceſſantly on the

ſea of it's proper miſeryes, onely by the wind of your reſpirations; it cannot ſtay it ſelf: vntill it arriue, at the hauen of the ſepulcher: Ladyes, it's the hauen to which Doomes Trumpet doth ſummon yee. Take yee heed, leaſt it bee not found a rock vnto yee: where yee may encounter too dreadfull a shock, the calamity thereby is for Eternity, and repentance vnprofitable. In good earneſt, at what time ſoever I think of Eternity: nothing that's wordly, doth pleaſe mee. I am not bold to ſay ſo much: that each parcell of the Vniuers made ſuch by a Soveraigne power and abſolute from it, having it's ſoule, it's beeing, it's life, is not in it ſelf admirable, and adorable in it's Creatour: but; as there are ſo

many obiects of change, or of corruption; my heart not well appeas'd, ſigheth after the fountaine of the leſſer ſprings as after it which is onely capable to quench the thirſt of my deſirs. Ladyes, would yee but diſtaſt the word's pleaſures, yee haue a ready way to fill your beſt thoughts, on the delights of Eternity: for ſuch is the inequality: that common ſenſe will lead yee will ſuffiſe, to make yee miſpriſe them, and earneſtly deſire theiſe.

AN ALARVM FOR LADYES.

The fift Dayes Worke.

COME to my ayde, my Lord, cryed out Saint Hierome a thouſand times a daye: I dye for feare at the reſound of that Trumpet, which doth ſummon mee to thy judgment.

Ah, Ladyes; if this glorious Saint, amydſt the deſerts, and amydſt the auſterityes of a life, all devoted to pennance, found himſelf reduced at a bay, at a ſtand for feare, and dread: can yee frame with the vanityes of the world: when yee doe but once meditate on the neceſſity of your deaths, from which there's not one exempt? This innocent doth tremble at it! and are yee not aught ſenſible of it? This harmeleſs quakes! perſiſt yee ſenſeleſs? This juſt man, I ſay againe cryed out inceſſantly for help, and ſuccour: though hee where ſoe pure! yet will yee not bee awakened: though infirme, by the example of his aſtonishment? Can yee take reſt in the ships of your bodyes, and on

the

the world's tempeſtuous ſea's: without fore diſcerning that Time, who is the Pilott, puts yee one the shore of your ſepulcher? Awake your ſelues then ſuddainely, and as your liues are but dreames, at your waking dreame againe what trades yee intend to vſe, whilſt yee are in this long Eternity, to which yee make your howerly approatch.

God hath giuen yee, and each one of yee, ſince the time, wherein yee haue been of reaſon a pencill in your hands, as to Zeuxis, that renown'd Painter, who painted according to his beleif, n'aught elſe but Eternity; this is a paterne for yee, ſuch; as it sheweth yee: that all your works should haue for object, and ayme, no other

thing. In ſumme ; all which yee meditate on, ſay, and doe, is painted in oile colours of Eternity. I would yee vnderſtood mee aright, all approacheth nay endeth correſpondent, to the good, or ill, either to the glory of your happy Eternity, or to your vnhappy Eternity.

If yee dye, as yee liue, namely in bed vntill midday, what can I ſay? but that if ſo you play your time away, your lazineſs will depaint yee, and liuely expreſs yee for Eternity : where endleſly yee shall ſuffer paines.

Allthough each one ſwill as hee will; it's but for his time, his dayes courſe, and at his owne expenſe. But one judgeth not of price of the good, or ill, or default in bu-

ſineſs, merchandize, elſe where, then in the other world. Prepare your ſelues to vndergoe the judgment.

Yee will even ſuddainely appeare dreſs'd, and trick'd according to the fashion of the time, and court: and how is't? Your feathers falling on your eares, vermillion on your cheekes, and flyes on your chinnes. Theiſe are not in vaine vndoubtedly, their deſſignes are to entrappe ſome one, or other: but at the daye's courſe run, it will then appeare vnto yee clearely: that yee haue made your ſelues whoopes, taking not the leaſt notice of aught elſe, but vanity; as if yee had not thereof too much.

I waite on yee at your ſally

from dinner, to your coatch, it's to assist you tenderly, and with humble respect indeed, it's my duety, and to attend you seriously with my thoughts, in your walkes, with intention to obserue, whither your times intertainements prooue more vsefull: then delightfull.

It's necessary that I exercise my patience a while, vntill the horses bee harnessed, and put to the caroche: allsoe, yee must hauey our time to looke on your selues againe, while yee attire your selues with hoodes, and maskes. But oh! what simple imaginations entertaine your spirits therein? There you instruct your eyes the art to tyrannize, and with strang craft, to hurt many hearts, not refle-

ſting aught ; that your ſoules receiue a ſtaine, through the vaine lightneſs, which thence remaine in them: It's there I ſay, where you invent new leſſons to allurements; ſo farre as to teach men, to make your ſelues beloved, and ferred at once, and the ſelf ſame time; and covertly pretend: that yee attend no end, while therein none, alas! none. Obſerue theiſe rare deſſignes; what doe yee meditate on oftner? Let it bee that your black eyes with their vyes doe much hurt to day; to morrow, one drop of rume indeed, will make them red, which will ſerue to cure the ſmarts, of thoſe your former darts. How happily doe your courteous ſweetneſs, with your graces, acquire loue, and feare

iointly. Whoſoeuer they bee, that ſeeme to dye for yee, they loue yee not: it's; for what? for their intereſs, not to bee ſpoken of here further. Thus much yet will I ſay: that they who court yee as ſincere lovers, ground them ſelues on the expreſs ruines, the vtter deſtructions of your reputations; and yee take it well, to make them feare yee. They care for nothing more: then to paſs their times, in that entrepriſe, their delights, their ſports.

But it ſeemeth no leſs vnto mee: then that yee take your way to the race, to the place in vſe now a dayes. Oh! how vainely hunt you after toyes in this your walke, as to a publick faire where merchandiſe is ſet forth for each to buy?

Would yee not ſay, tkat this yong ſimple fondling, cloth'd in green, who is like vnto tapiſtry, which yee haue ſeen frequently, hung before a doore, hath employed about her face all her whitening? Shee thinketh, that in beauty shee doth ſurpaſs, the Vniuers. Alas! for pitty. I ſpeake plainely to her now, not taking any notice, that her ſelf-loue daily putteth on a hood to ſee at randome her defects. Shee, who would bee the beloved'ſt of many, in each doth mooue pitty for ſuch her foly. My opinion of her, is no other: then that shee is a gloweworme, who giveth light to many from a dunghill, the ſurface of which is all covered with ſnow.

What character shall this proud

piece beare? What may one's cen-
ſure bee heere of this giddy one,
who beeing poſſeſſed of n'aught
elſe but of a boſome, maketh a
shameleſs bravado, as if the reſt of
her carcaſs, were to bee let or ſould
out right? Oh peace a while!
what will prooue her confuſion:
when the daye hath run its race?
when shee muſt needes shut vp
her shopp, having not met with
any cuſtomer whóſoeuer, not one
admirer of her treaſure? Mode-
ſty is it, which hath enticements
not found els where; there-in
onely.

I pray yee ſtay not a jot, co-
me hither ſpeedily, bee the ſpe-
ctatours of this fond toye, this
Foppe. Whoſe beſt draughts
through age, are become void of
moſs,

moſs, and hence borrow for the ſtage, the artifice of ſo many flyes, as if they could nippe ſome one or other, though ſuch bee her age; a ſtrang paſſage: but commiſerable: for it's even ten yeares ſince that beauty bid her the laſt adieu: and if shee daily employ all her ſtudy for it's recovery: what foly would it appeare, to weare time preſent, for to call time paſs'd, againe: yet might shee bee happy in her diſaſters; were it ſo; that though shee ſuffer shipwracke: yet that at lenght shee take hold of vertue, to redeeme her ſelf from danger, nay rather, from vtter loſs.

Haue yee but a little patience to view the Lady who cometh in a coatch all guilt; by her countenance, and demeanour, I gueſs:

that shee doth esteeme her self, to bee the Idole of eache one, who behold her with attention, not reflecting aught on Time, her new coatch-man, who waiteth on her, it's hee, who beareth her in the same carre of triumph, to the aultar of her sepulcher, there to be offer'd vp with shame together, with all her adorers.

But shee that's there, how miss-bee-seemingly doth shee lend her eare, and attentiuely, to the pratlings of a giddy humorist, who courts her, and yet; what is much more vndiscret; she believeth all the lyes the braine-sick delivereth vnto her. Mee thinkst I plainely heare him sweare: that shee hath the rarest aspect, and most admiredst eyes, that ever did appeare

in this hemiſphere, and ſolely on the confidence, shee hath given to her lookinglaſs, she doth belieue him.

In the meane-while; heere are found braue aſſurances, rare cautions indeed. Ah how is it now? doth shee not know, that the firſt oath of an amorous, is to obſerue not one during the time of his paſſion? And further it's the common fashion of lover's ſpeaches, it's their aire, to ſay to their Miſtreſſes: that they are mervailouſly faire, even to perfection, theiſe are their cuſtomary wayes, now a dayes: and yet moſt vnhappily; it's to bee deplored truely, yee ordinarily belieue them, nor reflect yee aught: that your firſt betrayer, is your lookinglaſs, it alas, for pitty!

Yet will I grant, that shee is rarely endow'd, and ſingulerly graced with beauty: there is the ſeat of her vanity. Could there bee added ſenſe, and life vnto her counterfaite, her picture; shee would thereby by many a degree ſurpaſs the Prototype, the Originall: for that luſter may bee conſerv'd as her proper: this hath nothing in peculiar, but the neceſſity of decay: In ſo much; that when one perſuadeth her, that shee is mervailouſly faire, shee should take theiſe as ordinary diſcourſes: ſince her beauty paſſeth by, is of like nature to the praiſes, which are given her, meere aire.

Will you haue more of her? It's true; that shee hath the faireſt

eyes, that ever the world beheld: but when? when they are cleare, after dinner, and why not before? Il'e giue yee an anſwere; The mornings entertainment is to take care of her gummy eyes, or eyebrowes. There can not bee ſeen a noſe better shap'd, then is hir's: I confeſs it: but shee muſt haue ſupplied vnto her, a cleane handkercher, and that every day. I muſt likewiſe ingenuouſly averre; that her mouth is very little, and pretty: but it's too ſtreight a paſſage for her ſtinking breath. Her complexion is delicate, even to perfection, it's evidently ſeen: but thus much is ſay'd, to the end, that shee might apprehend all things. The Sunne, the Fire, the Aire it ſelf, are her enemyes, which

make a perpetuall warre against her, vntill Time hath donne his worke, whereby shee may bee hidden vnder earth.

Shee hath an excellent wit, doubt yee not therof a whit: for shee vttereth rare, and curious passages; it were much better: that shee would apply her self to piety, to goodness. One doth enquire of workes: rather then of words. What is it to purpose, if shee haue a faire manner, and demeanour in speach, the true measure of her deeds shall judg her. She sing's admirably well. Had shee n'aught else but her voice; shee could not enthralle otherwise: then by the eare: they who haue not affaires wherewith to entertaine their times, in passing by for

their pleaſure, would giue eare vnto her : but when shee maketh an end of her ſonges , they begin to meditate on ſomething. Il'e ſay no more. If ſoe it happen , that there bee praiſes of her , given vnto her, they will returne the aire which she hath lent them. Iudg yee whither shee will bee well content. In ſumme ; let her bee ritch as was Semiramis , and more faire then Hellen. The one confeſs'd on her Epitaph , which shee caus'd to bee engraved on her tomb-ſtone ; that she never poſſeſſed aught in proper , when shee had her treaſure : but corruption , and miſery. The other ; after shee had entrapped inſenſible hearts by her ſubtle charmes , ſtrook pitty vnto her greateſt enemyes onely hearing

of her miſſortunes. Ladyes, flatter not your ſelues. One ſighe of repentance for your vanityes, will yeild yee more glory, and more benefit: then all the teares yee can make your enthrall'd ſlaues poore forth. In the meane while night warneth yee to retreit: behold your dayes journey at an end; now render account vnto your lookinglaſs, of the number of your conqueſts. But in earneſt how treate yee with it? It's true, that yee haue made many an one ſighe; if yee bee proud thereof, the aire will remaine with yee; n'aught elſe haue they return'd vnto yee. They haue ſayd true: that yee are very faire: it's enough for yee to shew your ſelues, at the window, and there to remaine a while, in the

the evening's aire to giue eare to the harmonious Salute, the serenade in fashion: which is offred vp vnto yee; longer yee will not bee: least your cheekes bee swollen by defluxion. Iudg yee then, without flattring your selues, whether one can loue yee long: since that solely your beautyes are the causes that yee are esteemed of at all.

How many haue I seen of theise Idolatresses of their own beautyes, who after they had made publiquely profession to enthrall the hearts of the most insensible, haue come atlenght to such distress, to such misery through their deformity: that they were soe farre from beeing beloved: as that they proved rather an affright to the

world, rather despis'd, then pitty'd. Truely, Ladyes, if yee knew to how many accidents your beautyes are subject, it would be vnto yee perpetually, rather the object of your neglect, and misprise: then of your wonder. I deny not, but that it's one of the maister-pieces of Nature: yet the selfsame is become a stepdame, giving it self over to a thousand sortes of mischeifes. It's true indeed, there is not aught more Divine on Earth, nor more enchanting: but this Divinity is alike to that, which one doth attribute to Alexander the Great, whose blood trickling out of his veines, shamefully profaned all the Aultars which were dedicated vnto him: such are theise charmes, they are meere illusions

which deceiue, and abuſe weake ſoules.

Verily, Ladyes, yee muſt come to this point; that is; to belieue, that vertue ſolely hath allurements, and graces, which are approv'd by Time, and Death. All the inticements, and all the charmes of Nature are by degrees deſpoil'd, together with it ſelf. And though it ſeemeth to conſerue it ſelf: yet by it's proper ruine finding it's eſtablishment in it's decay. Time ceaſeth not to abbreuiate from hower to hower the terme of the others raigne, whilſt hee dooth cõſume himſelf. In ſuch ſort; that for your comfort, all that yee ſee, doth vanish with your ſight. All what yee heare, doth diſperſe it ſelf with the aire, wherewith your

eares are filld, and ſo for the reſt, without that there bee aught found permanent on Earth.

Ladyes, it's ſolely Eternity, which changeth not, it's it which doth remaine as long as your ſoules, and your ſoules, as long as it. Wherefoever yee take your courſes, it's immenſity will fill all, and it will bee the bounds of your affaires what ſoever they bee: After one hundred thouſand yeares, it will not bee an inſtant of Time's permanence, after one hundred thouſand millions of yeares, that inſtant of which I ſpeake vnto yee, will not bee though expired. How! Lord, shall I perſever to offend thee ever? know I not, that thou art juſt to all Eternity, and hence is it, that thou puniſheſt

ſinners with torments, which haue no limits. To burne eternally! Oh how the fire which brought Saint Laurence to ashes, doth invite mee to meditate on eternall flames, on, to bee deprived Lord, for ever, of the pleaſures had in glory! Oh! how the burthen of thy croſs is ſweet, and light: if it bee compared with the paines of our privation, which never will haue end: I can ſay no more, I can goe no further. It's neceſſary, that I meditate on this ſo ſerious a ſubiect.

AN ALARVM FOR LADYES.

The ſixt Dayes Worke.

IT's read; that the Tyrians were forty dayes, whithout shutting their eyes, for reſt: the continuall alarum's were ſuch vnder which they liu'd; where they ſaw themſelues, together with their

towne become cenders.

Oh! Ladies, how can yee close vp an eye, within the trenches of perpetuall feare, misery, and calamity, where the direfull sound of this Trumpet for judgment, doth hold the most stout, the most bold in awe, and dread. This heere, doth not menace one sole burning to ashes: but rather; a thousand death's together. Further; the torments are to bee for ever. Then, rouse your selues; and since yee can not gainesay this eternall necessity to dye: dye valiantly with armes in your hands. The benefit thereby had, is companion of glory.

Amidst all the tortures, which cruelty hath invented ever, it's esteemed that thereis never any of more

more rigour: then that it of watching. What an vnquietneſs is it to ſleep never? But if ſo bee it, that for having ſlept too much in this world, yee prooue condemned to watch inceſſantly in the other: what affliction ſay I, is it, to bee kept awake. I meane not on your downe beds, your delicate coutches well made, and in curious order: but rather on beds of fire, of flames, which by Devine vertue, will burne without conſuming yee? I tremble for feare, yea even to horrour, each time wherein, I meditate heeron.

I find not any thing of leſs worth in life: then is ſleep; and they who haue compared it to death; therein haue found as pregnant reaſon: as proportion. It's

true; wee daily dye; but when the new death of sleep doth sur-surprise vs, can not wee say: that wee dye twice, at once? Our soules haue somewhat to doe, to handle in their follies, the life of dreames, wherewith they are then all taken vp, it's a kind of death vnto them as prooveth the light of reason, which doth onely rule their facultyes: in so much as that; they who sleep much, are more sottish then others, and also more subject to a suddaine death, as if so that their continuall action dying twice, did conferre vnto this heavy accident. I returne vnto yee.

At lenght, God bee thank'd, yee are awakened. How meane yee to pass the rest of the dayes

journey? I am aſſur'd, that yee ought to haue leiſure to bee dreſs'd; atleaſt conſider amidſt theiſe vaine entertainements, the deplorable manner of life yee liue vnder, day, and night, namely; to cloth, and vncloth your miſerable carcaſſes; whilſt Time hath prepared each one's ſepulcher.

Il'e tell yee yet againe; that the trade vnder which yee are ever apprentiſes, is a lamentable ſtate, and beeing. Liue yee not a ſtrange life, to change your clothes very often? there's each day ſomewhat to ſay; for the manner of them, differ: in ſo much as, what is now in fashion, hardly will ſuite with yee, and ſerue your turnes to morrow, ſo certaine is the world in it's inconſtancy. as are

your humours.

Ladyes; there are not found other clothes which change not fashion: but your winding sheetes; they allwayes are the same: but; as each one chooseth the colour's they best like of; if your mournefull one's, agree not with your present humours, yet accustome your selues therevnto, taking your measures of them each night in your beds: the ground therein to be found, and the necessity, will render vnto yee in the end, an object, which will suite with yee, not distast yee a jot. Ah, no.

I neither enquire whither, nor to what places yee direct your steps, your paces in your carotches; the weither is so faire: that

it inviteth yee to goe abroad, and take the aire. I will attend yee with my thoughts, according to my wonted manner; to know the ſubiect, and ground of your time's enternainement, what it may prooue to bee.

Behould yee in a curious garden, there ſeated nigh a fountaine, vnder the shaddow of many trees, whoſe branches on their tops are joyned together, or very nigh. Your intentions in ſo doeing are to lend your gracious eares a while vnto the nightingale: but the letter's ſenſe of her warblings, I muſt declare vnto yee; shee telles yee in her language, in her manner, ſuch as it is: that it's good to ſalute the Sunne each morning, likewiſe in the evening. To ten-

der vnto the Moone ſome curious muſick or other. Theiſe maling Planetts deſiſt not by the influences of their cours, to giue a ſpeedy end vnto her Kingdome; in ſuch ſort, that her shouts, her turnes, her diviſions, her quaverings, and redoublings are ſo many griefes on the vnhappineſs of her ſtate: ſince that shee hath no voice: but to invite the world to her funerall rites, hence is shee conſtrain'd to dye the ſooner, through the neceſſity of her ſinging.

Likewiſe the Turtell, who ſeeketh in vaine her companion, lamenteth her miſfortune in an other tune: which doth shew vnto yee: that Time is greedily gaping, after the ruine of each thing. And though that the Eccho, bee

but a ſound, a voice; Time beeing vnable to make it ceaſe, by degrees devoureth the rockes, which giue it a rebound. No, no Ladyes; Time doth not forbeare any thing. What though Time were deceu'd once; as it is mention'd in the fable, when Orpheus requir'd of Him Euridices? Time hath had memorable reveng, as may bee ſeen in the Hiſtoryes of all the Poets, who to that end gaue him their counſailes.

But how well are yee placed? it ſeemeth to mee; that it's to meditate at your eaſe, and repoſe on that all, which God Allmighty hath created heere below, and that it all doth participate of the ſame nature that doe the flowers, and fountaines which yee ſee, ſince

that all glideth like to the ſwiftneſs of their waves, paſſages, their currants.

Yes, Ladyes, the World is a garden of flowers, various in their graces, their beautyes, colours, and their odours: but all theiſe according to Nature, are of the ſame matter. Il'e declare my ſelf more clearely. God Allmighty in the ſpace of his Creation, planted all what ſoever yee admire heere below, in the garden of the Vniverſ, namely; flowers of diuers colours, allſo of valiew: but all of the ſame matter: for; there is not one of them exempt from corruption. Theiſe truely are the flowers diſclos'd in the morning, diſplayd at midday, faded in the evening, and of which Time, who is the

is the gardener, croppeth what hee will, and then, when it beſt pleaſeth him.

Certes, Ladyes, the world is a fountaine, and whatſoever it's compoſed of are its waues, which properly haue nothing in their nature, but ſwiftneſs paſſing by. This is eſſentiall, to what ſoever that's heere below. Yee may pleaſe your ſelues, to caſt your eyes, on all the objects, which yee find every where about yee. There is not one onely, which doth not returne yee the like adieu which yee giue them: ſince that yee runne the ſame race all together, though diverſely, and by different wayes, and manner, into the gulphe of the tomb.

For all that hitherto hath been

ſay'd; make vnto yee, a poſy of flowers: but in gathering thoſe flowers-deluces, thoſe roſes, thoſe pincks, and gilly-flowers, thinck that Time likewiſe, is daily buſy in the gardens of your faces, there cropping ſometimes; the flower-deluce of your paintings; other times; the roſes of your cheekes; then; the gilly-flowers of your lipps: Whereof hee compoſeth a noſegay of your inconſtancyes. Yee ſenſibly apprehend this verity, other proofes are not requiſite.

How now, Ladyes? All theiſe will fade in your ſights, like a flower. All theiſe will glide before your ſelues as waues, and yee as if inſenſible, will not ſtirr a jot, no, not a jot, never, nor reflect the leaſt on the neceſſity of dying:

from which, God Almighty after the delivery of the law, would not exempt himſelf, no, not himſelf. But if the ſole thought of death amaze yee; meditate a little, how our ſweete Saviour hath the firſt quenched, the thirſt within the Chalice, which hee preſented, to the end; that at once hee might take from yee both feare, and bitterneſs, acquitt yee of ſuch like weakneſſe. Death is not terrible; but to the impious. It's true; that it oftentimes aſtonisheth the moſt juſt, through apprehenſions of Gods judgment: but by degrees, this feare becommeth weaker, through the faculty of their reaſon, having much more hope of mercy: then feare of juſtice, their conſciences, will them ſoe; in ſuch

manner, that in their agonyes, Nature is ſole Authour of the feares, wherewith they are shaken. Truely; I know not where I am heerein. But what is that which I heare? it's the great bell of the town, which giveth yee notice: that the gates thereof will ſpeedily bee shut.

Ladyes, why lend yee not likewiſe the eares of your imaginations to the noyſe of this Trumpet of judgment, which never ceaſeth, and doth advertiſe yee: that the gates of Paradiſe are at the point of beeing shut for all Eternity, and that yee shall never enter there: if yee change not your liues. Ah Eternity! how thou do'ſt rejoice mee, and jointly aſtonish mee.

See Ladyes at lenght, your dayes journey hath it's end, and it wlll

befound to bee well ſpent for your turnes : if ſo that yee haue made your benefits of theiſe important trueths , which I haue ſet before your eyes.

Even ſo will paſs all the other jorneys of your dayes, to your loſs, and confuſion : if at leaſt, you take noe notice of this trueth : that they runne their race they,paſs by. Reflect ſeriouſly with your ſoules on that meditation ; and it will prooue impoſſible : that ſpeedily yee make not an accrew of good deedes, an amaſs, in favour of your ſoules. They haue nothing proper to them ſelues : but them onely. They will bee all their treaſures; all their greatneſs, and all their felicities, whereof God shall bee the object, the end , the meaſure.

If yee knew, Ladyes, the true hearts content, which on enjoyeth, who hath lived well; when ſo one cometh to one's ſtand, abbay, one's laſt end, one's death, yee would labour with all care, from this inſtant forward in your converſions on which yee would bee more intent. If yee doubt the leaſt of this trueth, and yet, alas! enquire of your ſelues, how it was with yee, at your laſt ſickneſs. The anxieties yee had, for your offences, likely increas'd your greifs, and further; ſet before your eyes the joyes, and vnſpeakable conforts, wherewith an innocent life might haue cõſol'd hearts. Truely, I can not conceiue, that there is aught more pleaſant, more delightfull, aſſuredly there's nothing in the Vniuers more delicious.

AN ALARVM FOR LADYES.

The Seauenth, and last Dayes Worke.

LADYES, how is it with yee? I yet awaken yee againe, I am the ſame this very day in God's name: ſince that hee giveth leaue that this Alarum come to your hands

to looke on, ſo long as your eares vvill diſpoſe them ſelues to heare attentiuely the harmony therein to bee found for the benefit of your ſoules. I ſpeake to day, as a day of repoſe, wherein yee ought to meditate of happy Eternity, vvhich is propoſed vnto yee for your reward: but; as it is the laſt entertainement, vvhich I am to haue vvith yee; it'is expedient; that I make yee partakers of my ſolitude; knowing through long experience the profits vvhich hence yee vvill receaue, bee it, that yee followv my counſaile. Repreſent your ſelues, make your approatch: for God hath provided, from all Eternity; that this little booke, should fall into your hands, either for your benefits, or for your

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vtter losses for your profits; to your benefits; if yee obserue th'instructions which I giue, and which God himself hath inspired mee with: To your losses; if yee shall misprise, what is heerein delivered: this very booke doth convince yee of voluntary blindness, and declare the admirable favours, which the infinit bounty shall hereby haue shewen vnto yee for your safety: it's in yee as yet to choose. Il'e tell yee then, for your instructions, how profitably yee are to pass your journey. From the time yee are awakened, let your hearts bee as sensible of the new present, which God hath given yee this new day: as your eyes are pleased, in admiration of his light. Then; vvithout merchan-

dizing vvith your beds, vvhat time yee vvill further assigne to your selues, for your sluggisness get out of them, and as soone as yee are on your knees before a Crucifix, make that it your lookinglasses; it's there where yee may indeed become in loue with your selues, weighing your valiew by the price of that blood, vvhich hath bought yee: O rare miroir! Oh! lookinglass to admire indeed!

Render thanks vnto your Saviour, that yee vvere borne, and for your instructions in the Christian, Apostolique, and Roman Faith, as the onely vvay of safety. Then; offring vp vnto Him all the cogitations, the vvords, and actions of the journey yee are now

about, beſeech Him ſubmiſſiuely to illuminate the one, and animate the other, to governe theiſe, and to bee the object of them all together: ſo farre forth, as what yee shall think, and ſay, may bee received by Him gratefully.

Let the end of this prayer bee, the beginning of your neceſſary affaires to cloth your ſelues: but entertaine the leaſt time therein that yee can, without trouble, or curioſity. I forbid yee not the pouder: ſince yee are no other; But expreſſely the pomada, and vermillion: For; though theiſe are harmeleſs in themſelues: yet they may prooue pernicious, indeed not blameleſs through the ills which they may produce, and; as yee shall haue been found com-

plices of crimes : ſo likewiſe by conſequence of paines.

As ſoone as yee are dreſs'd, prepare your ſelues to goe to Maſs, where yee shall perſever to render thanks to God, for an infinity of his gratious favours confert'd on yee, nor ever let your ſpirits bee diverted aught from this principall, and Divine object: which yee tooke your ſelues vnto, as well by reaſons: as by recognizance. Preſent your ſelues in ſuch manner; that though God bee in each place, our Saviour, is both in body, and ſoule on the ſame Aultar, where yee offer vp your prayers: It ought to cauſe yee, to bee humbly graue, and wary, even to the not daring once to turne your heads

without neceſſity, nor ſpeake one ſingle word, vnleſs compulſarily. At return from Church, each one hath ſomewhat to entertaine their times with according to their qualityes, never to bee found idle, expecting dinner time: where gormandizing, will bee remarked for an offence ſo diſgracefull in a yong Gentlewoman: as enormous before God. Shee, who therein can not command her ſelf, is a ſlaue all her life.

Are yee invited to a feaſt, goe thither: but ſo, that it prooue a banquet for yee, as neither eating, nor drinking beyond your ordinary cuſtome: hence yee will find, that your bodyes will bee the more ſound, more healthy, and your ſoules more innocent. If

after it, yee take a walke; divert your ſelues from ſuch diſcourſes, where no body is intereſs'd: but if one of the company, doth ſpeake ill of another, all though it bee in jeſt, turne the diſcourſe, in a faire manner, and to the end: that yee may never accuſtome your eares to well-like aſperſions, lay'd on any for defects; it beeing, that yee your ſelues are too much charg'd with them.

If yee paſs the afternoone within your doores, each one of yee, will employ your ſelues with your needle, or read ſome devout booke, to entertaine yee more profitably, during the afternoone. I ſay your booke of devotion: as for the eloquent ſpeaches, the Romances, and for the

Comedyes; they are toyes, meere fables: which diſcover in the end, the vndoubted folies of them, who ſoe haue been their advancers, and given them eſteeme, therein haue they employed their times, exceeding ill.

Bee it a holy day; then let this Alarum wherewith I preſent yee, hinder yee from ſleepe, howſoever at the Sermon, and doe not yee imitate ſuch, who are devout in fashion, who are weary on good friday, to heare of the paſſion, without conſidering: that this our Devine Saviour, who hath ſuffred thoſe, for your ſelues, had more patience in his torments: then haue thoſe impious had, to heare onely the recitall, which hath been made. Oh

Lord! for what other crimes doſt thou reſerue the thunderbolts of thy juſtice.

When the hower, of your reſts doth call on yee, before yee bee vnclothed make your recourſe to conſult, to adviſe ſeriouſly, and moſt attentiuely the laſt time, the ſelf ſame lookinglaſs, it's the Crucifix, fix your eyes on it, and there examine your conſciences, humbly beſeeching God's mercy's pardon for all your treſpaſſes, which yee haue donne, during this dayes journey, and that yee may haue grace, to retaine your ſelues from ſinne; that yee may not fall therein againe. There are yee to reſolue ſoe: then with the ſame action; offer vp vnto him, all your deſires, and hopes concerning the repoſe,

repoſe, and tranquility of your liues: ſo that hee iuſtify the one through his benignity, and the other through his infinite power: but rather; humbly reſigne your wills to his. Obſerue it well: that hee, who knoweth to compoſe him ſelf well to God's will, is the wiſeſt of the Vniverſe.

It's that onely ſcience, Ladyes, which can ſeate yee in repoſe. Build not the height of your deſſeignes, on the greatneſs of your familyes, nor on the favour of your freinds. I haue ſeen, ſayeth the Prophet, Lords of the Earth, elevated beyond the height of the Cedars of Libany; but a dreadfull ſtory to recite, next day haue vanished from myne eyes, and hardly could I find one, who

conſeru'd ſo much as the memory of his having been. The Favourits of the World, are of the ſame nature, they ſolely paſs it by. Their fortune is a ſuddaine flash of lightning, which farre ſurpaſſeth thunder with it's inevitable fall, in ſort ſuch: that if God lay not the firſt ſtone to all your buildings, all will fall; there will not bee found aught, but ruine.

Deſire then never aught: but what is of God; that's to ſay; that what ſoever are your affaires, yee fully referre them all to his Sovraignity, and without murmur to his Devine Providence: ſince that the ordering of all, doth properly appertaine to him. Wish yee to bee Religious, or to bee maried? take vnto yee that

reſtraint of humility, and obedience: my Lord, thy will bee donne. It's the prayer which hee hath taught yee; judg yee whether it ought to be acceptable vnto him, and whether profitable to yee: End your examinations by a prayer to the Virgin, as well for her particular merit, from whence the flash through admiration of it's light ſo bright, dazeleth the ſight of all the quires of Angell's: as allſo, for your ſafety; ſince shee is Advocate, and all puiſſant Mediatreſs, who ſo hath this Virgin in aſſiſtance, will never perish.

A PARTICVLAR ADVISE

For direction of a one's life.

NEVER bee confident in aught but in God: all freindshipps of the World, retaine parcell of it's variable Nature: such an one to day would dye for yee, who to morrow, were yee disceased, would not so much as

honour yee, attired in morning: Interefs is ever found in affections, bee they never fo pure. Become yee ill favoured, poore, or old, all your great freinds, and who fo were laft evening your loyall lovers will even vanish this very morning, and if yee fend for them, none of them, will bee found at home for yee. Ladyes, it's onely God, who is a perfect lover, and fuch like freind indeed. Will yee haue proofes of his goodnefs? Hee dyed for yee before yee were borne. Require yee teftimonyes of his mercy? dayly hee conferred grace on yee. Loue then him onely. Ladyes, confide in none but in him, and yee shall never bee deceived.

Offer vp your felues in all pla-

ces, for God doth replenish the Vniuers. Hee is every where, in ſuch ſort, that hee is witneſs of your actions, to the end, that this conſideration, might retaine yee in the duetye yee owe vnto ſo Saintly, and adorable Majeſty. The moſt conſonant prayer, which yee can offer vp to God, is for your enemyes: ſince hee himſelf hath given yee the patterne, then; when hee was nayled on the Croſs; where having nothing but His ſpeach free, ſerved himſelf thereof, to craue pardon for thoſe vilains, who brought him to that beeing; that miſery. Oh vnheard of charity! our ſweet Saviour call'd out for mercy for them, the ſelf-ſame, who gaue him gaule, and vinaiger to

ſquench his thirſt.

Even then, when in the dead of winter, yee are in your beds shelters, free from could weather, and other domages which might endanger life, ſet before yee, how many poore there bee at this very inſtant, who haue but a little dunghill-ſtraw, for their beds sheets, and coverlids, without hope, that to morrow they shall bee provided better. Then; consider ſome-what further, elevate your ſpirits to an higher pitch; behould; that God hath given vnto yee degrees, exempt from ſuch like miſeryes, mooved by nothing elſe; but his goodneſs, and bounty conferr'd on yee. Truely they are benignityes, which juſtly exact eternall, and gratefull notice;

notice; I wonder not aught that vnthankfull hence bee punished for ever. Take heed, that yee prooue not of the number.

Offer vp your ſelues againe as having been the ſame from all Eternity, whom yee are now in the judgment of God Allmighty. And what yee ought to ponder more ſenſibly, is; that amidſt the infinity of ſoules, his power Allmighty doth create daily, hee hath ſelected your's, to bee inſtructed in that Religion, wherein ſolely yee may find your ſafetyes. I am confuſed, nay rather extaſed, jointly each time, I conſider on ſuch venerable truethes, and adorable.

What a wonder of goodneſs is it, that God hath loved yee wi-

thin himſelf in your nothing, before all ages I ſay loved yee, even to the conferring on yee a thouſand ſortes of benignityes, of which many other's of your ſexe are deprived. Adore yee; adore yee, Ladyes, this Devine Providence, which in ſuch manner hath ordained in your favour without your retributes, without your deſerts.

Bee not yee proud of the admirable qualityes, which yee poſſeſs aboue your companions: leaſt that God punnish yee, and take vengeance on yee for it. If yee bee very faire: bee yee likewiſe very humble, to the end, that the world may honour yee: when yee can not bee beloved more. How many haue I known, who

in one ſelf ſame day, were highly pris'd, mervailouſly eſteem'd of, and jointly admired for piety by all the world. Humility in Ladyes hath more winning grace in it ſelf: then all the guifts of Nature join'd together.

In all your good deeds; let not Paradiſe bee the ſole object, and ſcope of your workes: for as intereſſed, and mercenary, yee would looſe parcell of their merits: but ſay with Saint Auguſtine; Lord, were it even ſo, that thou hadſt not a Paradiſe to beſtow, I would not deſiſt to loue thee ſolely: for thou art perfectly amiable; and further, by meanes of loving thee, I feele to my advance, the delights of the ſelf ſame Paradiſe, which thy mercy ma-

keth mee to hope for. My Lord, following on, alſo; I should not ceaſe to feare thee, hadſt thou not a Hell to punish mee: ſince that each time I offend thee, I find my ſelf inceſſantly tormented, and I beginne to ſuffer the paines wherewith thy juſtice doth menace mee. Ladyes, good is to bee beloved for it ſelf, and, as God Allmighty is the fountaine thereof, yee muſt forbid your hearts that they never ſighe, but for the loue of him if ſo yee will that the very Angells bee paſſionate in your behalfs.

Bee not yee one of thoſe faint-hearted, who wax pale; and wanne for feare, when one tells yee of death; nay farre otherwiſe; like of the diſcours well, and the

meditations thereon, to the end that yee may accuſtome your ſelues betimes, to paſs that over fairely; which yee muſt vndergoe of neceſſity, namely; finish the worke, which yee haue begun, from the firſt moment of your liues, and wherein yee goe on inceſſantly. Oh how terrible is death to them who never haue meditated thereon!

Let then each of yee shew your ſelues oftentimes, vnto your ſelues in ſome private retire: and enquire where yee shall bee hence fiftie yeares to come, more, or leſs, and elevate your ſpirits on this ſerious ſubject. Yee ſee what it delivereth: It's true, that then the ſame bodyes; which now haue ſoules, and on which even now

ſet ſo great a valiew will become no other then hillockes of dung, where the wormes will make their ſeate. But what will become of your ſoules? wherewith will they entertaine their times during this long Eternity? Is it that they muſt burn in Hell in expiation of their crimes? At theiſe laſt words breake your ſilence, and if yee bee in a retired place, where yee can not bee heard, cry, out aloud, and boldly with Saint Auguſtin, ſay. *Lord, burn, cut in pieces, and reduce into pouder, this miſerable body of myne, I abandon it before the fury of thy juſtice; ſo that thou pardon my ſoule in the other.* Ladyes, Oh! what mervailes would theiſe words produce recited often, for the aſſuring of your ſafetyes: but in it,

experience will make yee ſenſible of much more then can I heereon deliver.

I end here with this laſt adviſe, which I offer vp vnto yee, as one of the moſt importants, and of moſt benefit : that yee take vnto yee a particular devotion to the Virgin , daily ſaluting her with ſome Hymne in her praiſe. On whom one of the devout cryeth out ; that the Angells bow vnto , the Heaven humbleth it ſelf vnto , and that all Nature trembleth with honour , and feare before this incomparable Marie ; ſince that her womb ſerved for a cradle to her Creatour, her breſts for nouriture, and her armes for a reſt. Truely ; she who perfectly knoweth to honour her ; is not

aught wanting, in what shee ought to vnderſtand, for the good of her ſafety.

FINIS.

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